

Garlic or Onion Bread¹⁵

Number of Servings: 15 (32.85 g per serving)

Amount	Measure	Ingredient
15.00	oz	Bread, French, med slice
4 3/4	Tbs	Margarine, soft, safflower oil
3/8	tsp	Spice, garlic, pwd

Nutrients per serving

Nutrition Facts	
Serving Size (33g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Soften or melt margarine and add garlic or onion powder. Spread or brush seasoned margarine onto 1 oz slices of French Bread and Bake in 325 degree oven for 5-10 minutes to warm and lightly toast. Serve immediately. Send brushed French Bread to outlying sites and ask them to warm/toast on site.

1 slice = 1 CS